May 14, 2021
Issue #53

Julie Kouyate, Bodymind Coach and Massage Therapist

The Crazy Wisdom Weekly

shining a light in the dark
Published by the Crazy Wisdom Community Journal during the Pandemic.

The Crazy Wisdom Weekly

JUDY LIU RAMSEY
CONSULTANT & PRACTITIONER

Heart To Heart

SHAMANIC HEALING
ANIMAL COMMUNICATION
CLASSES • CEREMONY
CONSULTATIONS

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The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put GW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

Working in the garden?
Taking a walk?
Taking a long drive?

These are all great times to listen to an audio book!
https://libro.fm/?bookstore=crazywisdom

DANIELLE BLACKWOOD
THE TWELVE FACES OF THE GODDESS
The Gift of Presence
A Mindfulness Guide for Women
CAROLINE WELCH
The Disordered Cosmos
A Journey into Dark Matter, Spacetime, &
SPIRIT ANIMALS
The Wisdom of Nature
Wayne Arthurson
TED WILLIAMS
Earth ALMANAC
A Year of Witnessing the Wild, from the Call of the Loon to the Journey of the Gray Whale
Little Sprouts
Erin Cline
Ancient Chinese Philosophy and the Art of Raising Mindful, Resilient, and Compassionate Kids
and the Dao of Parenting

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Cover painting by Brian Taylor

Thank you to our contributors for this issue:

Michael Garfield
Sibel Ozer
Sara Vos
Hilary Nichols
Julie Kouyate
Carol Karr
Jennifer Carson
Bill Zirinsky

Word of the Week:

Monachopsis

The subtle but persistent feeling of being out of place.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

From our Archives

Rediscovering Recycling

By Michael Garfield

Recently in the United States, the recycling movement is under attack. The federal government is dismantling one major environmental policy after another, and new quality-based restrictions by Chinese scrap buyers have sent the value of many recyclables into a free fall. This is hurting all recyclers, but especially those in Michigan, where landfill overcapacity had already put recycling at a disadvantage.

Some communities are cutting back the materials they'll accept, some are stopping their recycling services altogether, and the rest are trying to figure out how to deal with the worst political and economic climate for recycling in generations.

I've been working on these issues for three decades, and my organization, the Ecology Center, for far longer yet. We've got an answer for people and communities trying to make sense of the recycling chaos:

The right response in 2018 is the same as it was in 2008, and in 1998, and in 1988. And it's what we've been urging communities to do since the 1970s.

Double down on real recycling, and remember what it's truly supposed to be about.

Real recycling is not about "managing solid waste." It's about reducing the need for trash incinerators, like Detroit's, which is one of the community's worst sources of air pollution. It's about reducing the need for landfills, like Washtenaw County's one facility, which has been a source of noxious odors and state violations for two years. Real recycling is one of the most important ways that households and communities can reduce carbon emissions, air and water pollution, and natural resource depletion. In fact, doubling the U.S. recycling rate would reduce climate emissions as much as installing solar panels on 44 million homes.
Real recycling is about the work of building a zero waste community.

In a zero waste community, you don't just put your trash and recyclables in two separate bins – with one going to a landfill or incinerator, and the other to a loosely regulated overseas scrap market.

A zero waste community uses less stuff in the first place; reuses and repurposes other things; works with manufacturers to redesign the "throw away" packaging; connects with other national, state, and regional organizations to lobby governments and industry to coordinate meaningful action; invests in ongoing education for residents and businesses; and makes sure that what's left gets collected and reprocessed in an authentic way—into new recycled content products that can be recycled again and again or high quality compost that can grow healthy food.

So, if you're a recycler today (a real recycler!) trying to make a difference in Ann Arbor, Dearborn, Detroit, or anywhere else in southeast Michigan, what do you need to do next?

First of all, ignore the skeptics and naysayers. Landfill companies are telling communities to cut back their services, to quit collecting glass and other materials, to consider stopping services entirely. Their lobbyists are telling legislators that recycling isn't worth the trouble and expense. Their PR firms are publishing "research" that's meant to sow doubt in all our minds.

Read the rest of the article online!

The Path

By Sibel Ozer

My hands went to mosaics last weekend, and a path appeared out of the darkness.

I started out thinking I'll just use the leftover pieces in the containers that crowd my table, not worrying about aesthetics much. Maybe it was lazy on my part, as aesthetics requires forethought as well as meticulous execution; or rather my desire to let go of control so I could enter that blessed space of no thought, or flow.

As the mosaic unfolded I began to look at it as a path that was laid with whatever was available to its builder. I was reminded of the people who built the amazing 6th century cistern "Cisterna Basilica or Yerebatan Sarnici" that lies beneath the city of Istanbul, Turkey. On the northwest corner of the cistern, which is open to public visits, two of the pedestals holding the columns have carvings of the head of Medusa, one placed sideways, and the other upside down. Archeologists theorize that they might have been used randomly to support the size of the columns. Imagine a time and a place where a builder has access to stones with ancient mythological carvings on them, and this is nothing extraordinary! What was used randomly then, now creates the highlight of a visit to the cistern as most of our souls thirst for an interaction with the mythic.

This way of creating reminds me how sometimes in life we similarly find our way using what is available to us as opposed to what we might have used if life were ideal. But life is life, and is rarely, if ever, ideal.

It is fascinating how we continue to carry so many ideals about things rather than navigating life based on this reality: that it simply will not comply with our ideals.

We all hold so many ideals about so many things. It's hard for me to pinpoint where half of my ideals come from. Most, of course, come from the rights and wrongs about this or that I was taught growing up, others are based on my own life experience, and others yet seem to have been absorbed through osmosis.

The ideal way to spend a weekend for example, is to make sure it includes at least one good workout, time spent in nature, cooking, cleaning, family time, socializing, working on things left over from the week, writing, resting, etc. as if there are ever enough hours to fit in all of that! Now that I have written a book I sent out to publishers, I have an ideal number of rejections I have permitted my ego to withstand before I shall conclude my writing must indeed be worthless. Imagine J. K. Rowling giving up at 12 rejections, or Frank Herbert at 19! Not that my writing compares to theirs. I won't even get into ideals we hold about our bodies as opposed to their healthy, natural proportions. Then there is what a female body does as it enters menopause. Now that I think about it we probably hold ideals about almost everything.

It's not even only that we have to give our ideals a reality check, but reality that doesn't involve trauma, but is of the natural and gradual kind, requires us to exercise flexibility with what we content ourselves with. I often think that one of life's grandest pursuits is to impart to me the gift of true humility.

What, you might ask, is the problem with having ideals that create motivation for productivity, or guidance on how best to navigate life?

The problem is that we end up feeling bad about ourselves when we fail to meet our artificial ideals, which is the very definition of unnecessary suffering. Since there is plenty of actual suffering that life includes, I'd rather minimize the suffering that I add to the mix with my man made/made up standards.

So, maybe this path of mine could also be called, life. I like that it is more interesting/intriguing than it is pretty.

Sibel Ozer is a licensed professional counselor and board-certified art therapist. She is a certified EMDR practitioner and a graduate of the Gestalt Institute of Cleveland. Visit www.sibelozer.com, call (303) 905-1109, or email he-artspace@hotmail.com.

The Path by Sibel Ozer.

The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
FREE
May through August 2021 - Issue 77
Cathy King
— The King Family —
Half a Century of Farming, Making Music, Teaching Yoga, and Building Community
HOLLER FEST
Energy Healer and Equine Therapist Sarah DesJardins • Rev. Marie Duquette on One Year of Covid • Conversations with Nature • Great Tastes in Local Food • Whip Jams and Local Musicians • Acupuncturist Cynthia Esseichick • Susan Westhoff of Leslie Science Center • Belly Dancing with Sheila May • How a Pandemic Changed My Life After High School • How the Farmers Market Survived • Friends Lake Cooperative Community • Yoga Column • Events Calendar • And More

The spring issue of
The Crazy Wisdom Community Journal
is here!

Look for articles on the King Family of Frog Holler Farm, Equine therapist Sara Des-Jardins, Belly Dancing with Sheila May, the Friends Lake Cooperative Community, and more!

Available now, in print or online!

or

Subscribe Here!

By Laurel Hogge

There is a reason we feel more peaceful when we spend time connecting with our pets or hiking in the forest. Nature is in perpetual energetic flow and does not manipulate energy the way people do. Humans continually try to divert, filter, suppress, create, and extinguish energy. Because of this, when we are immersed in the flow of nature, our body's energetic response is to line up with that frequency. We let go of a little of that human tendency to control energy. It's relaxing, and when we are relaxed, we are open to receive communication from our own intuition as well as Source (the name I will use in reference to God, Universe, Deity, Divinity).

We could all use some extra help to answer the questions that are dearest to us. Whether or not our questions are complex and life changing, Source is eager to guide us toward balance so we can move more confidently on our authentic and joyful path. I find that once I open the conversation, and invite Source to share messages with me, I feel an urge to get outside. Then I listen and pay attention to what is happening all around me from the ground to the sky and everywhere in between.

I began receiving messages from nature without knowing it was happening. For many years I took the same hiking routes hundreds of times without any notable nature signs. It was when I reached out specifically to ask for guidance that my outings took on a magical tone. Serendipitous discoveries became gifts with meanings that were directly given to my soul. Perhaps you can relate to some of my experiences.

At first, I came across feathers. I soon had a collection of assorted colors and sizes from many different species. And then it became common to stop in my tracks to find an animal pausing long enough for me to look into her eyes. Foxes, coyotes, wild turkeys, and deer seemed to be everywhere. With the frequency of these encounters, I became curious. I began searching online, and in books, to find out why this was happening, and I learned to apply symbolism and meaning to my wilderness encounters.

I learned that many spiritual traditions practice communicating with the supernatural through the natural. Some of them are ancient, and over time these traditions have created their own symbolism and language associated with this practice. It fascinates me that many Native American traditions refer to working with nature as a way of healing through "medicine" that brings us into inner balance—in other words, into harmony with nature. For example, when one is visited by crows in life, in dreams, or in meditation, "crow medicine" is being applied. Cherokee tradition teaches that Crow medicine "gives us the ability to make decisions, open ourselves to change, and experience magic in the world around us." After learning this, I stopped viewing this common bird through its popular assignment as an ominous, dark pest. I now see a bright reminder that spiritual magic is everywhere.

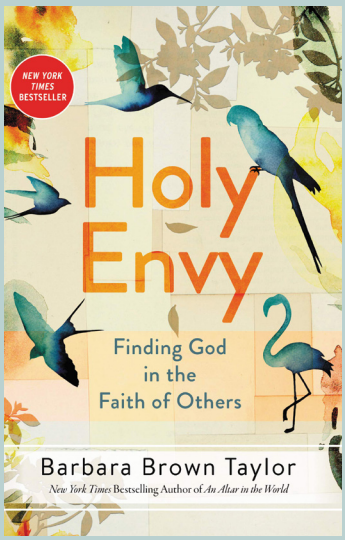
There are hundreds of elements in nature that have symbolic healing power. In other words, a coyote is not simply a wild dog. It carries with it information—depending on where it is seen, whether it is calling out or silent, and whether it is playing, hiding, hunting, eating, or being watchful.

In the Navajo tradition, Coyote is a symbol of mischief and playfulness. Seeing one is usually a reminder to take life less seriously. I have taken this as the message I needed many times. However, there was a time I needed a different message. I was at an important crossroads in life when I needed to transition from homemaker for a family of six to a full-time career that would bring financial independence. Seeing a coyote crouched at the edge of my neighbor's field and focused on the flock of Canada geese in front of it, I was encouraged to trust Source that I would find what I needed. The message was that it was a time to be less carefree and to focus on survival. Even when I was discouraged by job application rejections, Source reassured me that I have useful skills. I just might have to be patient as I prepared for the right moment to pounce.

Just remember, when searching out the meaning of a nature message you received, that the interpretation for nature messages varies depending on the author of the website or book. Don't despair! This creates an added opportunity to personalize your experience with nature messages. For example, when blue jays began showing up for me in a dramatic way, I did a quick search for its spirit meaning. I was overwhelmed to find there were multiple variations on its meaning. Once I spent time considering its importance for me personally, I then assigned the meaning that resonated most for me in that moment.

Read the rest of the article online and learn Laurel's tips for communicating with and through nature.

Crazy Wisdom Book Pick of the Week


NEW YORK TIMES BESTSELLER
Holy Envy
Finding God in the Faith of Others
Barbara Brown Taylor
New York Times Bestselling Author of An Altar in the World

Holy Envy: Finding God in the Faith of Others

Purchase your copy of *Holy Envy* at shopcrazywisdom.com.

By Barbara Brown Taylor

Barbara Brown Taylor continues her spiritual journey begun in Leaving Church of finding out what the world looks like after taking off her clergy collar. In Holy Envy, she contemplates the myriad ways other people and traditions encounter the Transcendent, both by digging deeper into those traditions herself and by seeing them through her students' eyes as she sets off with them on field trips to monasteries, temples, and mosques.

Throughout Holy Envy, Taylor weaves together stories from the classroom with reflections on how her own spiritual journey has been complicated and renewed by connecting with people of other traditions—even those whose truths are quite different from hers. The one constant in her odyssey is the sense that God is the one calling her to disown her version of God—a change that ultimately enriches her faith in other human beings and in God.

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Offering Aura Photography Sessions

Hands on Heart Healing
with Julie Kouyate

By Sara Vos, Photography by Hilary Nichols

I heard of Julie Jaffray Kouyate before I ever met her. Or rather, I heard of her and her people.

Several years ago I was walking through the U-M Diag one warm summer evening and stumbled upon swathes of barefoot dancers undulating to the rhythms and harmonies of a large drumming crew. I was in awe of these powerful dancers and drummers, and the ways they all seemed to harmonize with joy, pleasure, and sincere effort that flowed from their hearts and was expressed through their limbs.

I found out that Julie has helped to organize that ongoing drum and dance class on summery Thursday evenings on the University of Michigan central campus. In case you're interested, the class is open for new participants—all are welcome (contact Julie for specifics). Both the drummers and the dancers make very strenuous work seem humorous and playful, with 1,000 watt grins and a palpable back and forth between the ones who move to the beat and the ones who create the sound. Shoes optional!

Fast forward some years and I had the opportunity to connect with Julie in her role as a healer (aren't many wise, strong, dancer women healers of some kind?). She told me that working together would be different from therapy or bodywork, but a kind of combination of mind-body-spirit-energy work resulting from what presented in the moment. Even before we started, our session together had opened me up to new possibilities.

Julie's work takes place in a beautiful space on the second floor of an unassuming office park in west Ann Arbor. Stepping into her office is a healing experience. For those who are seeking to connect with the qualities of the Divine Feminine and Mother, those energies were apparent to me, in a felt-embodied way, when I walked through the doors of the richly-hued center.

Within five minutes of sitting down to talk I could feel myself on the verge of tears. Thoughts and feelings that I had been suppressing for months and years were bubbling to the surface. I could feel them asking for expression through my belly, my heart, and my throat. Julie guided me through a gentle exploration of questions with curiosity, masterfully reading my body language, pointing out ways I was gesturing with my hands, holding my head, and making eye contact. She illuminated long-held tension patterns of which I was previously unaware, but which were obvious to her immediately, just by observing my structural alignment and mannerisms.

I found myself processing long-held grief—for my mother's death from drawn out lung cancer, for my sister-in-law's sudden and tragic death from undiagnosed heart disease—and grieving even more the ways that I, and we collectively, do not know how to tend to our relationships with those who have passed beyond this world. In a nonjudgmental way, Julie allowed me to work through what it was that I thought I needed, so that my own inner wisdom could guide the session. As Julie listened to my heartache, she provided gentle suggestions for action steps based on what needs were arising in the moment.

Through it all, I felt safe to move through and express my needs and my unresolved emotional pains, which is huge for me. Because of Julie's expertise with the ways we hold and carry tension in our bodies, she was able to cut right to the center of some of the pains and stresses I was carrying. I felt seen and understood. I felt held. And once the talking portion of the healing session had reached a stage of completion, it was time to move to the table for bodywork.

As she anointed her hands with rose oil and began meticulously rubbing the rose oil into different pressure points around my heart and upper chest, I had the distinct sense that she has been doing this kind of work for lifetimes. Whether or not that's true, I observed years of grief melting under her hands and being resolved through the release around my heart and lungs that she was guiding with her hands. When the session was over, she left me with a clear action plan of what steps to take next to continue the grief release, including feeling the space in front of and behind my heart like a wide, spacious tunnel.

Read more about Julie and her practice online!

The Crazy Wisdom weekly Calendar

Bodywork and Body mind Therapies

Bowenwork4kids with Lisa M. Teets • Monthly, Third Sundays: May 16 • 3:00 p.m. • Bowenworks4Kids is an opportunity for children to receive high quality soft tissue Bowenwork therapy. It can provide permanent healing and relief of pain from a multitude of acute and chronic conditions. The work frequently results in a deep sense of overall relaxation and facilitates the recharging and balancing of the body. Young people respond well to this work. First session free for kids under 17. Contact Lisa at Bowenfix.com. Contact Lisamteets@gmail.com.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom. Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly on Sundays through August 29 • 11:00 a.m. • We invite you to enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rimpoche. Stay tuned for the moderated discussion after the talk. Free, yet donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, click on the link accompanying this program's listing at jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website at jewelheart.org.

Zen meditation and service; Informal conversations on the Dharma with Marta Dabis • First and Third Sundays: May 16, June 6, June 20, July 4, July 18, August 1, Aug 15 • 11:00 a.m. meditation; 11:40 a.m. service • Traditional Japanese Zen Buddhist meditation in the lineage of Shrunyu Suzuki, followed by Buddhist chanting in English and Japanese, and an informal conversation about Buddhism. Donations only. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Garden Your Heart with Demo Rinpoche • Saturday, May 15 • 9:00 a.m. • Cultivate the garden of your mind, weed out negative emotions, and sow the seeds of enlightenment. Demo Rinpoche will draw on the vast teachings found in the Tibetan Buddhist tradition to celebrate the awakening mind of spring. $40 to $60 Sliding Scale. No one is turned away due to financial considerations. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, go to the Jewel Heart website at jewelheart.org.

Buddha's Birthday with Haju Sunim • Sunday, May 16 • 10:00 a.m. • Traditional Buddha's Birthday Service with Special Chanting, Bathing of the Baby Buddha. By donation. For more information phone 734-761-6520 or email annarborzentemple@gmail.com.

Ceremonies, Celebrations, and Rituals

Ryaku Fusatsu - Full Moon - Vow Renewal - Ceremony with Marta Dabis • Fourth Sunday of each month May 23 - August 22 • 11:00 a.m. • After 40 minutes of Zen meditation, a traditional Japanese Full Moon (vow renewal) ceremony will be held in English. Donations only. Contact Marta Dabis at 248-202-3102 or email JissoJiZen@gmail.com; JissoJiZen.or.

Chanting: Awaken Your Inner Goddess: Divine Mother Mantras and Chants with Susan Billmaier • Sunday, May 16, 23 • 10:00 a.m. • Do you want to strengthen your home life? There's a Divine Mother mantra for that. Do you want to protect yourself and your family? There's a Divine Mother mantra for that. Do you want prosperity? There's a Divine Mother mantra for that. Do you want to give and receive comfort and compassion? There's a Divine Mother mantra for that. Do you simply want to connect more consistently with your Divine Feminine? There's a Divine Mother mantra for that. You'll learn all these and more! Note: The Inner Goddess and the qualities she imbues, are available to anyone regardless of any identity you hold about yourself. $54. Contact Susan Billmaier at 734-678-2071 or evenstar.institute@gmail.com; evenstarschalice.com/courses.html.

Channeling

Event with Spirit - Remembering Wholeness • May 16 • 2 p.m. • Remembering Wholeness is an opportunity to experience the sharing of energy with The Mother channeled through Barbara Brodsky. The Mother invites us to experience the deeper truth of ourselves. For more information email om@deepspring.org call 734.477.5848 or visit DeepSpring.org.

Event with Spirit- • May 19 • 7 p.m. • An open session with Aaron and Barbara Brodsky. Aaron gives a talk, followed by Q&A. Aaron's talk will cover a variety of spiritual practices including Vipassana and Pure Awareness Meditation, working with inner guidance, and supporting changes in our physical/spiritual bodies through work with body energy, the elements, sound and Open Heart.For more information email om@deepspring.org call 734.477.5848 or visit DeepSpring.org.

Children and Young Adults

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) with Karen Greenberg, R.P.T., and Certified Essence Repatterning Practitioner • Sunday, May 16, June 13, July 11, August 15 • 1:00 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, or dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of 1000 Years of Peace. $50 for a 2-hour class; meets one time/month for about a year. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Death and Dying

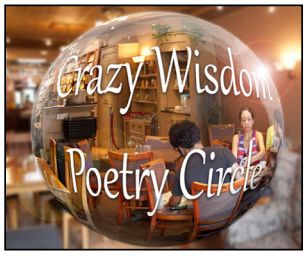
End-of-Life Doula Training with Patty Brennan • May 22, 23 or Jul7 17, 18 • 9:30 a.m. • End-of-life doulas are the new frontier in end-of-life care. Their emergence is an outgrowth of recent cultural trends favoring more natural and holistic approaches for an aging generation of baby boomers. Our End-of-Life Doula Training covers how to provide non-medical comfort and support to the dying person and their loved ones in the final days, weeks, and months of life. $697. Contact Patty at 734-663-1523 or patty@lifespandoulas.com; LifespanDoulas.com.

Energy and Healing

Healer & Ascension Certification Course with Rev. Eve Wilson, Director of The Healer Development Program. • Every other Thursday for 14 months beginning May 20 • 7-10 p.m. • Learn healing and ascension work for people, pets, and the planet. Physical, emotional, mental, spiritual healing, rewrite soul contracts, heal past lives, resolve traumas, empower, strengthen unity with Higher Self and wholeness. Grads eligible for Legal UCM Healer Practitioner Certification throughout the USA and soon in Canada. $3200. Contact Eve Wilson at 248-854-6873 or evew@spiritualhealers.com; spiritualhealers.com.

Exercise and Fitness

Exercise and Fitness Virtual TRX Suspension Class with Gwyn Jones • May through September • Wednesdays 8:15-8:45 a.m., Fridays 8:15-8:45 a.m. • TRX is suspension training workout that will give total-body health benefits for everyone. Gravity is your resistance here, so adjusting and modifying your moves gives you the advantage to choose the level of difficulty you want. Modifications are given for every move, so you always keep building workouts. TRX will challenge your strength, core, and cardio individually or all at once. Students will need their own straps. $10. Contact Gwyn by filling out an online form at gwynjonespilates.com.



Crazy Wisdom Poetry Series

hosted by
Edward Morin, David Jibson,
and Lissa Perrin

Second and Fourth Wednesday
of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

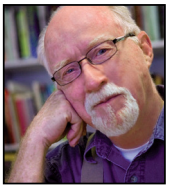
Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured readers

May 26 - Carolyne Wright, a Seattle native, authored ten books of poetry and translated five volumes of poetry translations from Spanish and Bengali. The title poem of *This Dream the World: New & Selected Poems* received a Pushcart Prize and was included in *The Best American Poetry 2009*. She co-edited the anthology, *Raising Lilly Ledbetter: Women Poets Occupy the Workspace*.

June 23 - Kelly Fordon, award-winning writer and teacher from the Detroit metro area, explores personal and class conflicts in city and suburb. Her two recent story collections from Wayne State University Press are *I Have the Answer* and *Garden for the Blind*. Her poetry includes one book, *Goodbye Toothless House*, and three chapbooks. www.kellyfordon.com



July 28 - William Trowbridge's eighth poetry book is *Oldguy: Superhero—The Complete Collection*, Red Hen Press, 2019. His ninth, *Call Me Fool*, is forthcoming from Red Hen in 2022. He is a poetry mentor in the University of Nebraska Omaha Low-residency MFA in Writing Program and was Poet Laureate of Missouri from 2012 to 2016.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

Life Transitions

Navigating Loss and Grief in Grace with Barbara Hutton • May 22, June 21, July 25 • 12:00 p.m. • A 2-hour class which includes exploration, sharing (totally voluntary) and guided imagery/ meditation. An experience held in the context of Wholeness. $35. Contact Barbara Hutton at 734-223-3485 or bdhutton@sbcglobal.net.

Meditation

Sufi Chanting, Movement, and Meditations with Imam Kamau Ayubbi • Every Tuesday, May-August • 6:30 p.m. • Sufi study and celebration via Zoom. Donations $5-10 per class. Contact the Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Mindfully Being Me (A Virtual Day of Mindfulness) with Carol Blotter • May 15 • 9:30 a.m. • Mindfulness is a lifestyle, a way of being open and present. It is saying YES to what is happening right now. One of the most common areas where we say NO is to ourselves. We never measure up to expectations. During this day of mindfulness, we'll explore saying YES to being me… and it's applicable in every situation. Open to All. Donations appreciated. Contact the Weber Center at 517-266-4000 or webercenter@adriandominicans.org.

Reiki

Reiki Level 1 (In Person) with Julie Sottek • Monthly on Saturday, May 15, June 19, July 17, August 14 • 11 a.m.-6 p.m. • Reiki is a Japanese technique for stress reduction and relaxation that also promotes a healing lifestyle. Level 1 is your introduction course where you will learn what is Reiki, the history, and tools for self-treatment and giving to others. Level 1 Course includes certificate and materials. Light snacks and water will be provided. Students should dress comfortably, bring a notebook to journal and lunch. Limited participants. $75 deposit required at registration. $150 Level 1 only, $290 Level 1 & 2 combined. LARA and State of Michigan health protocols will be practiced including face coverings and 6-foot distancing. Contact Julie Sottek at 517-917-7910 or dragonflydeo@gmail.com; dragonflydeo.com.

Reiki Level 2 (In Person) with Julie Sottek • May 29, June 26, July 24, August 21 • 11 a.m.- 6 p.m. • Prerequisite: Reiki Level 1. Level 2 Course is a combination of lecture, discussion, demonstration, and practice time. Each student will experience giving & receiving a complete session using Byosen scanning and the hand placement system. We will practice using all the Reiki 2 symbols as well as the techniques mentioned level 1. Level 2 Course includes certificate and materials. Light snacks and water will be provided. Students should dress comfortably, bring a notebook to journal and lunch. Limited participants. $75 deposit required at registration. $150 Level 2 Only*, $290 Level 1&2. LARA and State of Michigan health protocols will be practiced including face coverings and 6-foot distancing. Contact Julie Sottek at 517-917-7910 or dragonflydeo@gmail.com; dragonflydeo.com.

Reiki Level 2 with Mara Evenstar and Krystal Rain • May 15-16 • 1:00 p.m. • In addition to receiving two Reiki 2 attunements, the learning focus for this level is to work with the Reiki symbols, directly learning their functions and applications; learn how to use Reiki for distance healing and to practice doing Reiki treatments on others. $140. Contact Susan Billmaier at 734-678-2071 or evenstar.institute@gmail.com; evenstarschalice.com/courses.html.

Retreats

Purposeful Pivots "Movement is medicine" Spring Retreat • Saturday-Sunday, May 21 • 8 a.m. • This year was trying for many of us, but wouldn't you LOVE the opportunity to feel a renewed sense of stability? During our retreat we will ACTIVATE our potential to call any emotional response we desire to feel into our reality! We will MOVE the emotions and SHED what was, NOURISH our nervous systems, EMBODY our ability to know peace and ALLOW ecstatic joy through movement of the body, breath and the soul. Join us for a weekend of MOVEMENT MEDICINE Circle up with your fellow sisters to experience many forms of movement including Yoga, Nia, World dance workout, drumming, meditations, freedom of expression playshops, tribal belly dance, Buti Yoga, Afro-core energizer, laughing yoga, an offering prayer ceremony, and so many more sacred treasures! Visit : "Purposeful Pivot Goddess Retreats" on Facebook to get connected or email coachjulie@kouyatehealingarts.com.

JissoJi Half-day Sitting with Marta Dabis • Monthly, second Sundays: June 13, July 11, August 8 • 8:20 a.m. • Traditional Zen meditation in the lineage of Shrunyu Suzuki. Three rounds of 40-minute sitting with 10-minute walking, followed by a Dharma talk by a guest teacher. Joining for part of the program.is also available. Donations accepted. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Holistic Yoga and Meditation Weekend Retreat with Ema Stefanova, E-RYT500, C-IAYT • Friday, May 14 • 5:00 p.m. • Enhance your health and well-being whether you are a beginner or a yoga teacher, fit or out of shape. Experience peace, enjoy expert guidance, vegetarian meals, Lake Michigan sunsets, the Shrine Trail, and 110 acres of beautiful non-farming land. Yoga Teachers and Therapists earn continuing education hours with YA/IAYT. $445/$845 for two. Contact Ema at emastefanova@cs.com to register and visit YogaAndMeditation.com for more details.

Spiritual Development

Music, Sound, and Voice Singing for Comfort (via Zoom) with Interfaith Center for Spiritual Growth • Second Thursdays: June 10, July 8, August 12 • 7:00 p.m. • Music and song for comfort. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Peace Generator (via Zoom) with Craig Harvey • Friday, May 21, June 18, July 16, August 20 • 7:00 p.m. • Meditate, pray, and set intentions for peace. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Stress Management

Stress Management Traumatic Incident Reduction Workshop with Marian Volkman • June 15, or August 3 • 10:00 AM • 5 day online workshop 10-4 each day Practical Trauma and Stress Resolution.Move Beyond Symptom Management to Effective Trauma Recovery. Continuing Education credit available for Social Workers. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating after effects from: Stress, Difficult relationships, any upsetting, severe or shocking event War trauma, either received, caused or observed, trauma caused as well as received or observed, including domestic violence, accidents and injuries, losses of all kinds, unwanted feelings or thoughts. $695. Contact Marian Volkman at marian@tir.org or 734-662-6864; or visit appliedmetapsychology.org/professional-training/meet-the-trainers/marian-volkman/

Writing and Poetry

The Welcome Greening of Spring—A creative Writing Workshop (online) with Tarianne DeYonker, OP, MSW • Saturday, May 15 • 10:00 a.m. • Witnessing how Nature comes back to life each year, writers also arise from winter's dormancy to new life with our writing. In this workshop we put pen to paper in personal writing time and gain feedback from other supportive writers. Beginning and experienced writers are welcome. $30. Registration Required. Contact the Weber Center at webercenter@adriandominicans.org or 517-266-4000.

The Benefits of Joining a Revision Group (on Zoom) with Josie Schneider • Tuesday, May 18 • 6:00 p.m. • Here at Write-On! an evolution has occurred in how we conduct our revision groups. Zoom meetings turned out to be a great discovery for everyone's improved writing. In the meetings, the deep-dive observations of others unearth the problems and virtues of not only your writing samples, but also of your thinking and approach to writing. Come see if a zoom revision group is right for you. $5. Contact us at meetup.com/Write-On-Ann-Arbor/events/277081573/.

Crazy Wisdom Poetry Workshop (via Zoom) with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays: June 9, July 14, August 11 • 7-9 p.m. • Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; https://cwcircle.poetry.blog/.

Yoga

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Yoga Sustainable Resiliency: Tend and Befriend with Cyndi Lee • Thursday, May 13 • 7:00 p.m. • This class is a receptive practice of meditation, restorative yoga, pranayama, and contemplative journaling to reset our nervous system. By tending and befriending ourselves with quiet purpose, we begin to get familiar with how to best care for ourselves, even with just one breath. During the class, you will need 2-3 blankets and 2-3 bolsters (or rolled towels/blankets). $20 Jewel Heart Members / $25 Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website at jewelheart.org. For more information, call Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org.

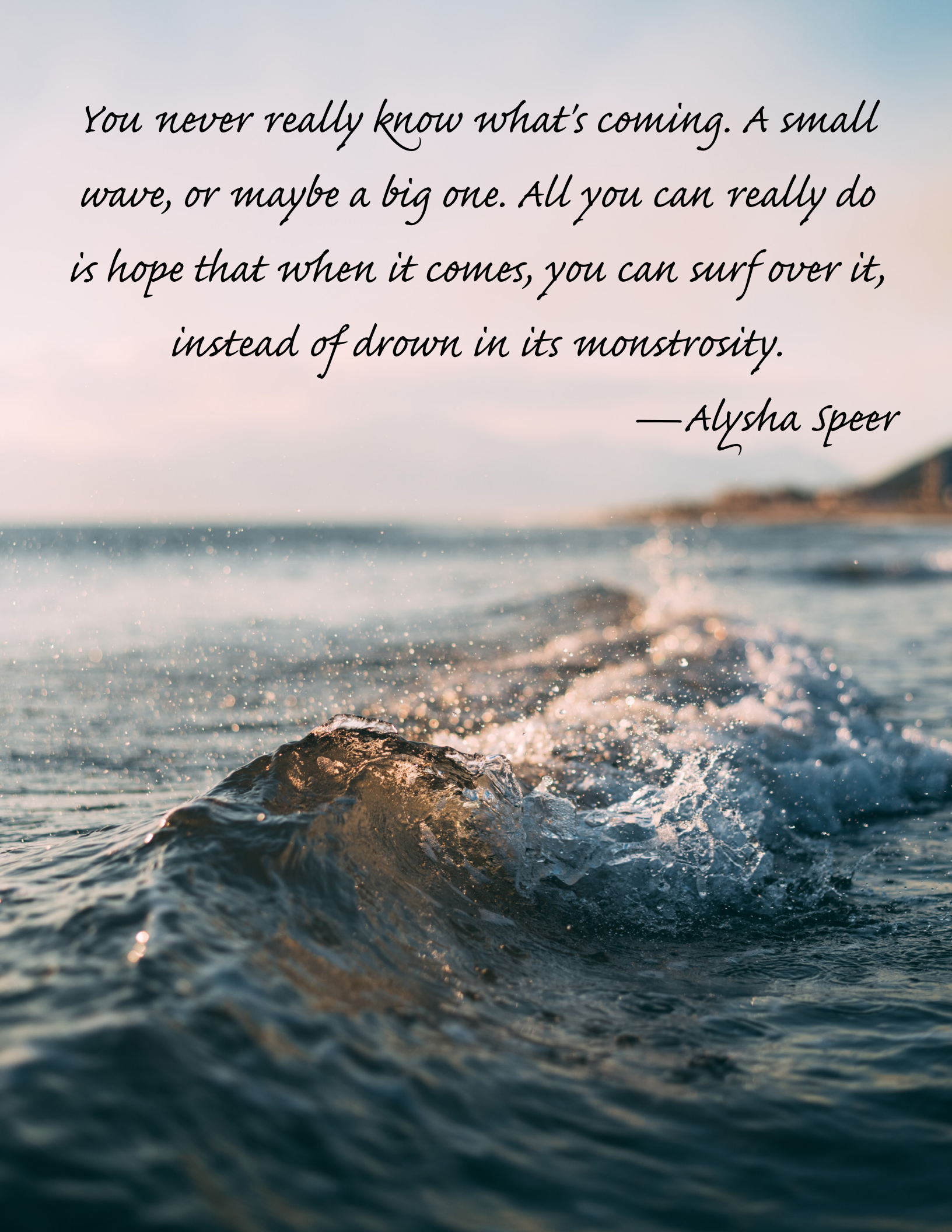
Have you been looking for a reasonably, brief routine for stretching and simplified meditation?

Volunteer for this informal study by energy practitioner and stress management guide, Michelle McLemore CHTP, Rev. Potential benefits are a decrease in muscle tightness, decrease in joint stiffness and pain, increase in self-confidence, positive mood, and flexibility.

For the month of June, you will be asked to complete an activity 1-3 times a week, 1 to 2 times a day based on the lottery draw for group assignments. The activity will approximately take 10 to 30 minutes a day depending upon study group sort and your personal preference needs in each stretch. A before and after brief survey will accompany each activity session.

The study builds upon prior research studies regarding the impact of positive thought and the meditative postures used in yoga and common world religions. Participants' identities will be kept confidential, and their information will not be released to any other parties.

Register by emailing energy@michellemclemore.com by Tuesday, May 25. An Informed consent form and health survey will be sent. Registrants will then be randomly assigned to one of the research groups and activity directions. At the end of June, participants will be expected to complete a post-study survey. At that time, participants will have the option to signify interest in receiving a free summary of the results and free participation in the July Moving Meditations workshop.


You never really know what's coming. A small wave, or maybe a big one. All you can really do is hope that when it comes, you can surf over it, instead of drown in its monstrosity.
—Alysha Speer